



Juice & Raw Food Cleanse Summary

with Stephanie Austin, HHP

Now that you've accomplished the amazing feat of juicing, all you have to do is maintain this excellent level of health you've achieved. I hope this program summary adds to the notes you took throughout the program and assists you in your continuing journey to being the best version of yourself possible!

The Scoop on Juicing

Juice cleansing is the process of drinking freshly made vegetable and/or fruit juices accompanied by herbal teas, broths, coconut water and fresh water. In drinking this nutrient-rich liquid (without the fiber) for a period of days you are, what I like to call, 'nutrifying' the body, removing toxic substances and regaining empowerment over food again. This detoxification offers incredible healing on many levels.

You might ask, "Why don't we just EAT all of the veggies instead of juicing them? Isn't the fiber good for you?"

Yes, fiber is GREAT for you. In fact most of us eating a Standard American Diet don't get enough fiber in the daily diet. Thing is, we also don't get enough NUTRIENTS in our daily 'eating' diet. Can you imagine EATING as much fresh veggies as you would be juicing?! That is several pounds of nutrient dense foods you'll be juicing and several pounds worth of nutrients going to your blood stream within 15 minutes without relying on the efficacy of your digestive system, which is often sub-par to begin with.

Aside from fiber, we also never give our digestion a rest or a cleanse. We rest our legs each evening when we put them up in the recliner. We clean our external body each day in the shower. We rest our muscles if we worked too hard. We rest and clean EVERYTHING else, but not our digestive system. With a 'Juicing Cleanse', you DRINK your nutrients and rest your digestive system for 1, 3, 7, or even 30+ days using freshly made vegetable and fruit juices, herbal teas, coconut water, vegetable broths and water.

Key Documentaries

- Fat, Sick and Nearly Dead
- Forks Over Knives
- Food Matters
- Hungry for Change

Cleansing Aids

- Enema Combination Kit
- Organic Coffee for Enema
- Colosan Powder
- Dr. Tung's Tongue Scraper
- Zeolite
- Oceans Alive
- Herbal Teas

Bonus Buys

- Trampoline for Rebounding
- Dry Skin Brush
- GSE for produce
- Cupow jar lid
- Nut Mylk Bag
- Wheatgrass Juicer

Day One: Welcome and Why Raw Foods

- Reduce your toxic load by eating raw, plant based foods.
- 60-80% of daily diet should be raw
- Raw means not heated over 105 degrees but an avg of 115 degrees still keeps most nutrients intact
- We are the ONLY animals who heat our foods
- Leukocytosis occurs with cooked food
- Blended foods are easy to digest
- You need 4 times as much alkaline forming food to acid forming
- Greens contain protein, vitamins and minerals – when eaten with a variety of nuts, seeds, beans and legumes, there is enough protein to sustain you.

Day Two: Detox and Elimination

- Average person carries 5 to 30 pounds of impacted waste in their colon
- The intestinal wall is much like a shag carpet with many crevasses with systems in action to secrete enzymes, alkaline digestive juices and pick up minerals and nutrients from the food we eat.
- The transit time for food to become digested and eliminated varies based on 1) your particular digestive abilities, 2) fiber content, 3) frequency of bowel movements, and 4) types of foods eaten (ie. meat vs fruit). Based on one bowel movement per day (which is 'not' regularity), you have at least three meals worth of waste matter putrefying in your colon at all times.
- There are seven channels of elimination including Lungs, Blood, Skin, Lymph, Bowels, Kidneys and Liver
- Support the detox with herbal teas, colon hydrotherapy, dry skin brushing, tongue scraping, mineral rich liquids, water, saunas, sweating and crying.

Day Three: The Benefits of Juicing

- Fasting is abstaining from all nutrition, which is strictly drinking 'only' water. While the average person can fast on water alone for up to 30-40 days before the body reaches a state of 'starvation', I recommend most people detox with Raw and Living Foods as well as Juice Cleansing.
- Fasting is not starvation but rather the body's burning of stored energy. Starvation occurs when the body no longer has any stored energy (nutrients) and begins using essential tissues such as organs for an energy source.
- A cleanse of 3 days can provide much benefit to people with indigestion problems such as gas, bloating, bad breath and lack of energy.
- A fast of 4-10 days can provide even more benefit for colon cleansing, renewal of energy, empowerment to eat well after the fast and rejuvenation of the spirit.
- Fasting for even longer only magnifies the benefits and helps break the state of disease.
- Many of us have forgotten the feeling of perfect health and do not realize we can live without such symptoms as a plugged nose, sleep in the eye, bad breath and body odor, lack of energy, moodiness, dull hair and skin, poor eyesight, blood sugar imbalance, gas, bloat, and so on.

Day Four: Hunger and Colon Cleansing

- Digestion is your 'fire' and in order to keep that fire going, you have to 'stoke' it with kindling by adding to the fire with food.
- Your hunger is soon to cease between days 2-4.
- According to the Natural News: "Coffee enemas increase enzyme activity by 600-700% in the liver and small intestine." This enzyme is responsible for detoxification of free-radicals and inhibits re-absorption of toxic bile.
- The liver excretes toxins in the bile and chemicals in the coffee dilate the bile ducts to assist with the flow of bile. By using coffee in the enema kit, the colon is encouraged to release waste and increase detoxification at the same time. Drinking the coffee does not have the same effect

Day Five: Thirst and Energy

- **Vitamin B complex** is found in leafy greens, broccoli
- **Folic acid (vitamin B9)** is abundant in asparagus, spinach, kale, cabbage, and blackberries
- **Biotin** is found in chard, romaine lettuce, carrots, and tomatoes
- **Riboflavin (vitamin B2)** is found in collard greens, kale, parsley, broccoli, and beet greens
- **Thiamin (vitamin B1)** is abundant in sprouts and garlic
- **Iron** is abundant in beets with greens, carrots, apples, blackberries, parsley, broccoli, cauliflower, strawberries, asparagus, chard, cabbage, and pineapple
- **Vitamin C** is provided by kale, parsley, broccoli, Brussels sprouts, watercress, cauliflower, citrus fruit, mangos, papayas, asparagus, and strawberries
- **Pantothenic acid** is found in broccoli, cauliflower, and kale
- **Vitamin E** is found in tomatoes, carrots, asparagus, watercress, and spinach

Day Six: Empowerment Over the Emotional Connection with Food

- *Empowerment over one's emotional connection with food* is perhaps the greatest benefit to any cleanse or fasting program.
- As you face some of your favorite foods without eating them; as you encounter stressful situations that would have normally made you eat; as you recognize you would have normally eaten due to boredom; etc. you realize how much more power you have over yourself and food. You realize you can not only FACE those situations without eating your favorite food associated with said occasion, but you cannot eat AT ALL and still come out the other side okay.
- Invite somebody over and make them a cup of fresh juice. Pour your juice into wine glasses or delightful, favorite cups and enjoy your friendship and juice together.

Day Seven: Green Juice vs. Red Juice / RRR vs Detox

- Optimally, you drink an 80-20% ratio of greens to sweet.
- **SWEET** - carrot, beet, pineapple, tangerine, orange, kiwi, mango, papaya
- **FRUIT** - pineapple, tangerine, orange, kiwi, mango, papaya, apple, grapefruit
- **RED** - beet, carrot
- **GREEN** - dark leafy greens, veggies (not carrot and beet), sprouts, wheatgrass, cucumber, celery
- **NEUTRAL** - ginger, lemon, lime, turmeric, cayenne, wheatgrass, apple, pear
- **MINORITY** - carrot, beet, pineapple, tangerine, orange, kiwi, mango, papaya, grapefruit (do not make grapefruit-only drinks and limit your addition of grapefruit to no more than 1 juiced /day as they inhibit the detox ability of the liver)
- **MAJORITY** - dark leafy greens, veggies (not carrot and beet), sprouts, wheatgrass, cucumber, celery, ginger, lemon, lime, turmeric, cayenne, wheatgrass, apple

Day Eight: Favorite Recipes and Juicing Daily

- Some of the easiest ways to add fresh juice includes:
- **CARROT** juice - Because you can keep the pulp aside for carrot muffins, cakes or crackers
- **FRESH LEMONADE** - Since it's a fast juice to make using a citrus juicer and is highly alkaline forming - use a good sweetener
- **ORANGE** - Like the lemons, it is fast to juice up 3-4 oranges to have after some exercise
- **CELERY** and **CUCUMBER** - At least once per week, make sure you've gone through one head of celery and a half cucumber each week and I assure you, you will feel hydrated and your brain fill function more clearly
- **WHEATGRASS** - Whether you buy freeze dried powdered versions or you use a wheatgrass juicer and buy the grass in flats

Day Nine: How Long to Cleanse

- Signs of detox are present while the need to cleanse is still there.
- If you wake up with a paste-like tongue, bad breath, sleep in the eye, poor energy, etc. you can still use the detox.
- When you wake up one morning without some of these symptoms, you know you're on the way to better health and are soon ready to eat again.
- Another sign to end a fast is hunger. Hunger usually ends after days 2-4 and does not return until at least after day 10-15

Day Ten: Digesting Again

- While juicing, all the enzymes, vitamins and minerals are going directly into the blood stream and beneficially affecting the body.
- When we're eating solids, we have to rely on the efficacy of the digestion and assimilation of nutrition; which is often sub-par, resulting in malnutrition, indigestion, food allergies and discomfort.
- Since you've not been asking your body to digest nutrients through fiber based foods, you need to slowly integrate food back into the process while continuing to juice.
- Spend 1/3 the time you spent juicing to return to eating 'normally'

Recipe Staples

Green Creamy Dressing

- 1 large avocado
- 2 cups spinach, finely chopped
- ½ apple
- 1 teaspoon cayenne pepper
- 1 teaspoon sea salt

Blend until smooth and creamy. Add a handful of dill, parsley or basil for variety.

Crockpot Broth

- 2 quarts water
- 2 lg carrots
- 2 stalks celery
- 2 slices fresh ginger
- Handful parsley, with stems
- 2 inch piece dried kombu seaweed
- 1 tsp coriander seeds
- 2 bay leaves
- 2 sprigs fresh thyme OR 1/2 tsp dried thyme leaves
- 6 dried peppercorns
- Optional: 1/2 onion or a handful scallion tops or chives
- Optional: 4 whole garlic cloves
- NO SALT due to seaweed

The carrot and celery are essential but any other ingredients you don't have, no worries, just leave them out.

Directions: Coarsely chop the carrots and celery and combine all ingredients in a large crockpot overnight OR cover and cook on stovetop for 6-8 hours.

Strain through a large seive and store in quart or pint containers in the fridge or freezer.

Guacamole

By Nomi Shannon

Great thing to top your salad with instead of oil-based dressing.

- 1 avocado, chopped
- 1 red pepper, chopped
- 1 scallion, chopped
- 1 celery stalk, chopped
- 1 clove garlic, minced
- 3 Tbsp lemon juice
- ½ tsp tamari, soy sauce, or coconut aminos (to taste)
- ⅛ tsp cayenne (or less, to taste)

In a bowl, mash the avocado and lemon juice with a fork.

Then mix in the other ingredients.

Taste and adjust the seasonings.

Store in the fridge for up to one day. Tops one to four salads.

Basic Green Smoothie

- 1/4 cup frozen blueberries
 - 2-3 cups dark leafy greens (try assorted spinach, chard, kale)
 - 2 cups water
- Blend ingredients until a smooth consistency is created.

Tahini Goddess Dressing

- 1 1/2 cups tahini (sesame seed butter)
- 1 cup water
- 1/2 cup soy sauce
- 1/4 cup lemon juice
- 6 cloves garlic, minced
- 3 tbsp fresh ginger, minced

Preparation:

Process all ingredients in a blender or food processor until smooth.

Helpful Juices for Healing

Celery and cucumber are given in nearly all of these conditions and should be a staple in your juices

Acne

Greens (broccoli, kale, parsley, spinach, watercress), garlic, celery

Candida

Greens (broccoli, kale, parsley, spinach, watercress), garlic

Constipation

Fruit juices - especially apple, prune and pear

Fever

All fresh juices, especially apricot, berries, broccoli, carrots, citrus, kale, kiwi, melon, red bell pepper, sweet potato, watercress, garlic, celery

High Blood Pressure

All fresh juices, especially when fasting. Especially greens (kale, broccoli, kale, parsley, spinach, watercress), apples, garlic, celery.

Anemia

Greens (broccoli, kale, parsley, spinach, watercress, spinach), beets, berries, kiwi, citrus

Cardio support

Broccoli, citrus, kale, kiwi, strawberries, cayenne, watercress, celery

Skin Ailments

Apples, beet, berries, carrots, celery, citrus, red bell pepper, watercress, watermelon, broccoli

Gallbladder Issues

Apples, beet, grapefruit

Hives

Apricots, berries, broccoli, parsley, beets

Water Retention

Celery, cucumber, melon, watermelon

Asthma

Apricots, berries, broccoli, carrots, ginger, kale, mango, melon, red bell pepper, sweet potato, watercress, watermelon

Congestion

Green apples, berries, carrots, citrus, parsley, burdock, pineapple, watermelon, papaya, garlic

Blood Sugar

Greens (broccoli, kale, parsley, spinach, watercress), green apple,

Gout

Cabbage, carrots, celery, cherries, kale, strawberries

Hypoglycemia

Cucumber, mangos and most all fresh veggie juice

Muscle Cramps

All greens (broccoli, kale, parsley, watercress, celery, cayenne

Bladder Issues

Blueberries, broccoli, citrus, cranberries, garlic, kiwi, strawberries, watermelon

Fatigue

Greens (broccoli, kale, parsley, spinach, watercress), Berries, citrus, kiwi, watercress

Diarrhea

(liquid stools are common during a cleanse but diarrhea is associated with burning bile, not simply liquid) Apples, carrots, celery, pears

Hay Fever

Apricots, berries, broccoli, carrots, citrus, celery, kiwi, sweet potato

Kidney Issues

Parsley, kale, watercress, carrots, celery, cranberries, cucumber, melon, pears, pumpkin, red bell pepper, sweet potato, watermelon